



Club Judo Santa Coloma

EXAMEN GRADOS

EXAMEN MARRÓN 1º KYU (SENIOR)

FECHA:

NOMBRE Y APELLIDOS:

EDAD:

Nº LICENCIA:

KIHON

- Randori
- Shiai
- Chikara No Oyo
- Renraku Waza
- Renzoku Waza
- Kaeshi Waza

TACHI WAZA

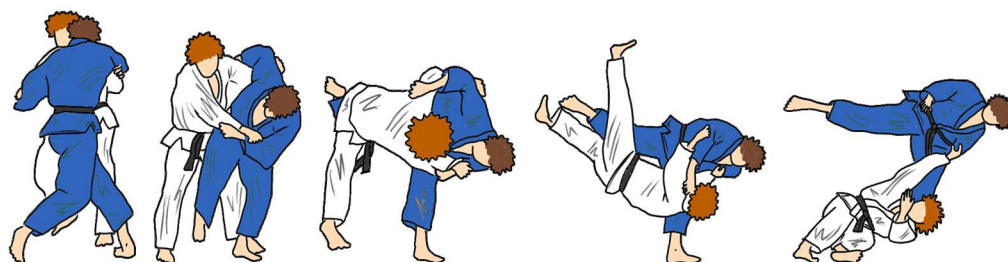
- Kata Guruma



- Ushiro Goshi



- Uchi Mata

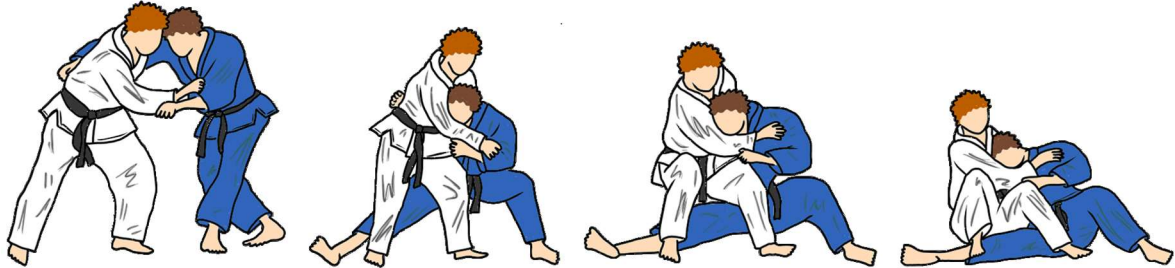




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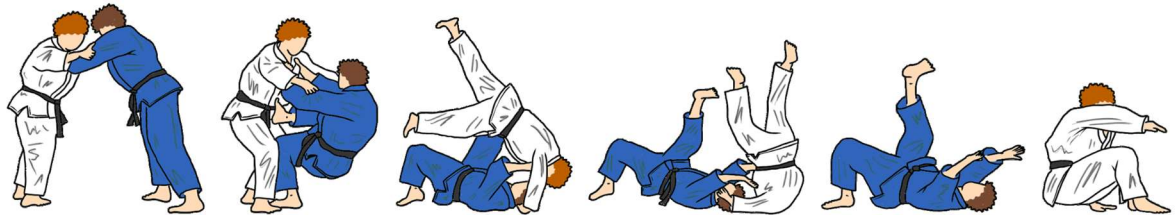
- Tani Otoshi



- Sumi Gaeshi



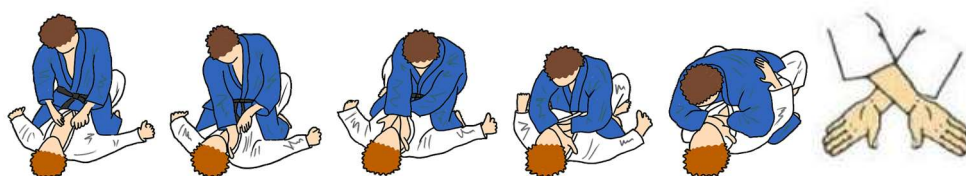
- Tomoe Nage



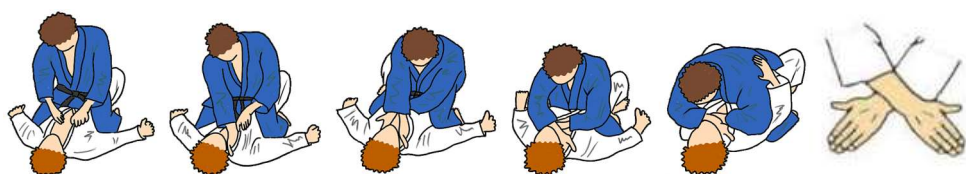
NE WAZA

- Salidas estrangulación

- Gyaku Juji Jime



- Nami Juji Jime





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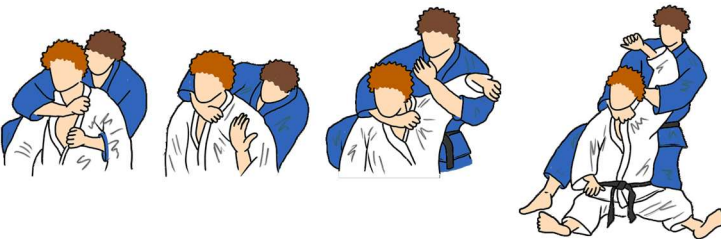
- Ude Garami



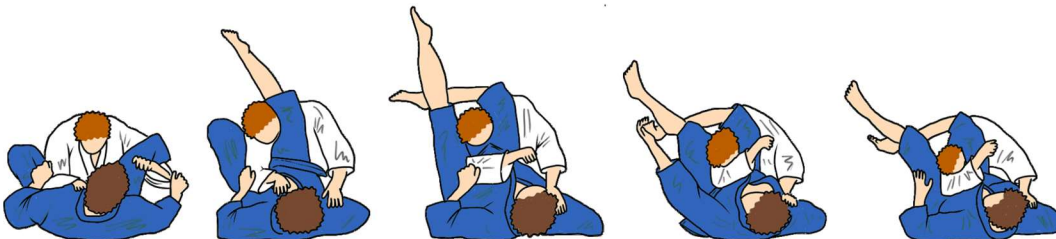
- Okuri Eri Jime



- Kata Ha Jime



- Sankaku Jime



- Ude Gatame





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NAGE NO KATA

- Ashi Waza

